



The Journal

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March 19, 2015

The Transformable Force of the Arts

Summit Explores Advancing Research in Arts for Health



Photo by Katrina Skinner

An exhibit at the recent pre-reception for the “Third National Summit: Advancing Research in the Arts for Health and Well-being Across the Military Continuum,” highlights a National Geographic feature focusing on “Healing Our Soldiers” and the art therapy program in the National Intrepid Center of Excellence at Walter Reed National Military Medical Center on Naval Support Activity Bethesda.

By Katrina Skinner
WRNMMC Public Affairs
staff writer

To discuss advancing research in the arts for the healing and well-being of service members, leaders from the National Initiative for Arts and Health in the Military recently hosted a pre-reception for “The Third National Sum-

mit: Advancing Research in the Arts for Health and Well-being across the Military Continuum.” The event was held in the National Intrepid Center of Excellence (NICoE) at Walter Reed National Military Medical Center (WRNMMC)."

The summit resulted from ongoing collaboration between

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Services' Launch Annual Relief Drives



Photo by Andrew Damstedt

A cake-cutting ceremony was held onboard Naval Support Activity Bethesda's (NSAB) Navy Exchange March 17 to celebrate the Navy/Marine Corps, Army and Air Force relief societies' fund raising season. From left to right, Marine Cpl. Jessica Kovach, Air Force 2nd Lt. Alex Hastings, Army Capt. Nuri Ruzi and Navy Master-at-Arms Raymond Herrera, all helped cut a cake adorned with logos of the three military aid societies.

Herrera said last year's drive onboard NSAB raised a more than \$44,000. NSAB Commanding Officer Capt. David A. Bitonti encouraged members to donate to the drive, saying it was “an opportunity to help ourselves.” Gillian Connon, Navy Marine Corps Relief Society Director at NSAB, said the funds go toward emergency aid for all service members, such as helping them pay for airline tickets home or providing emergency financial assistance. Donations for the 2015 Active Duty Fund Drive can be made until May 15 through one's command.

Commander's Column

Team Bethesda,

Good day. March is upon us once again, bringing with it and an opportunity for each of us to grow and develop, both personally and professionally. There are multiple events, initiatives and observances occurring throughout the month which afford us all the chance to take care of ourselves and take care of each other. They include, but are not limited to, the Navy and Marine Corps Relief Society Fund Drive, Navy-wide advancement exams, Women's History Month, Navy Nutrition Month and the Seabees 73rd birthday.

Founded in 1904, the Navy-Marine Corps Relief Society has stood the watch, providing financial assistance to active duty and retired Sailors, Marines and their families. In 2014, the society responded to the financial needs of more than 65,000 Sailors, Marines, retirees and their families with nearly \$49 million in assistance. Your donations are vital to ensure that this crucial resource is available to those in need. The annual fund drive has officially commenced and will run through May 15.

The Navy-wide advancement exams are conducted semi-annually (March and September) and provide our E-3 to E-5 Sailors with the opportunity to advance to the next higher paygrade within their rating. Preparation begins six months prior with the release of the exam bibliographies, which list the exam source material for each individual rating, plus professional military knowledge. Studying for the exam is paramount and often means the difference between advancing and waiting 6 more months to retest. Advancement results will be released in May. Good luck to those aspiring to advance!

Women have served our Nation's military in varying capacities since the Ameri-



can Revolution, but it was not until 1917 that women were allowed to enlist in the Navy. Today, the Navy is comprised of more than 68,000 women who proudly serve within our active duty and reserve ranks. Recently, the first females started serving onboard submarines. In the near future, the opportunity to serve in any occupation will be available. The theme for this year's Women's History

Month is, "Weaving the Stories of Women's Lives." I encourage you to participate in or attend events that your command holds to commemorate the significant contributions made by women to our armed forces.

NAVADMIN 051/13 established March as Navy Nutrition Month. This national nutrition initiative is in alignment with the Navy's 21st Century Sailor and Marine initiative. The ultimate goal of the initiative is to enhance the physical readiness of the fleet. It aims to achieve this goal by increasing the fleet-wide awareness of food literacy and Navy nutrition programs, reinforcing a culture of fitness and transforming food environments to facilitate and maintain better food and beverage options. One of the fun ways that service members can get started on improving their fitness is the, "Crews Into Shape" challenge, which is held every March. The goals of the challenge are to spark and guide workplace-focused, team-oriented, physical activity and improved fruit and vegetable intake among the whole Department Of Defense family. For more information connect to <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>.

The Seabees celebrated their 73rd birthday on March 5. Since that day in 1942, the Seabees have been living up to their motto of, "we build, we fight." Since that time the

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Bethesda Notebook

Correction

The article, "Workshops Use Writing as a Healing Tool," in the March 5 edition of The Journal should have listed Warrior Poetry Project founder Dr. Fred Foote's email as fred.foote@comcast.net.

Brain Injury Awareness Walk

A Brain Injury Awareness (BIA) Walk is scheduled for tomorrow from noon to 12:45 p.m. on Naval Support Activity Bethesda (NSAB). The walk will begin and end in front of the National Intrepid Center of Excellence (NICoE), Building 51, the event's sponsor. Participants are requested to wear green to acknowledge March as BIA Month. The theme for the observance is "Not Alone" to recognize those with brain injuries have help and support facing their challenges, according to officials at NICoE, the Department of Defense organization working to advance the clinical care, diagnosis, research and education of military service members with traumatic brain injuries (TBI) and psychological health conditions on Walter Reed Bethesda. For more information about the BIA walk, call NICoE Public Affairs at 301-319-3619.

Code Pink Exercise

Walter Reed Bethesda will conduct a Code Pink exercise this month to test the medical center's lockdown procedures in response to an attempted abduction of an infant or child. The exercise will occur during normal working hours and last approximately one hour. During the exercise, the hospital will not be physically locked down and there will be no disruption to hospital operations. For more information, contact Melissa Knapp at 301-319-4906 or email dha.bethesda.ncr-medical.mesg.wrnm-officeofemergencymanagement@mail.mil.

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Serving up Excellence

Café 8901 Offering Variety, Continued Excellence for Patients and Staff

By Sarah Marshall
WRNMMC Public Affairs
staff writer

Since re-opening its doors last summer, Walter Reed National Military Medical Center's Café 8901 continues making improvements to enhance the dining experience for patients and staff.

"We continually strive to update our menu," said Lt. Col. Ronna Trent, food operations chief, Nutrition Services Department.

Expected later this spring, patrons can look forward to a new waffle bar, which they'll be able to enjoy in the main dining room weekday mornings, Trent said. Additionally, staff will soon be able to enjoy rotisserie chicken in the near future.

Those looking for healthy, yet still tasty, alternatives can choose from a variety of dishes at the Fit & Flavorful station, she explained. Here, chefs serve up dishes lower in calories and fat, such as

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Photo by Mass Communication Specialist 1st Class Christopher Krucke

Café 8901, the hospital's main dining facility, offers patrons a variety of items including fresh wraps (above) from menus continuously updated, according to Nutrition Services Department staff.

Vice Adm. Smith Visits NSAB



Photo by Mass Communication Specialist 2nd Class Brandon Williams-Church

Commander, Navy Installations Command, Vice Adm. Dixon Smith shakes hands with Lynn Lawrence, general manger of the Navy Gateway Inns & Suites onboard Naval Support Activity Bethesda (NSAB), during the admiral's visit to NSAB March 11.

COMMANDER

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Seabees have repeatedly demonstrated their skills as builders and fighters. From the islands of the Pacific to the jungles of Vietnam, to the mountains of Afghanistan and the sands of the Middle East, the Seabees have been an integral part of the Navy's fighting force. They have also served as ambassadors of goodwill during times of peace, lending their expertise to humanitarian efforts around the world since their inception. HOO YAH!

*Naval Support Activity Bethesda
Senior Enlisted Leader
Senior Chief Jason Rakowski*

American Red Cross Bethesda Medical Professional Volunteers Continue to Serve After Retirement



Photo by Andrew Damstedt

Dr. Robert Rosenbaum stands in the Neurosurgery Clinic at Walter Reed National Military Medical Center where he continues to practice through the American Red Cross medical professional volunteer program after retiring in 2013. More than 600 individuals volunteer on board Naval Support Activity Bethesda through the Red Cross program.

By Andrew Damstedt
NSAB Public Affairs
staff writer

Continuing to serve patients after retirement is one reason two local American Red Cross medical professional volunteers say they've kept working at Walter Reed National Naval Military Medical Center (WRNMMC).

"I like that it is helpful; it's helpful to other providers in the clinic," said Dr. Maura Emerson, who volunteers her time at WRNMMC's Occupational Health clinic. "Just three years ago, I was a provider. It gets busy in the clinic and you have unexpected things happen every day."

As a volunteer, she helps out by taking the extra walk-in patients or seeing some of the provider's patients, allowing those doctors time for their administrative tasks. Plus, she likes being at the same clinic she's worked for as a guest provider since 1997.

"This is my hospital, these are my patients and this is the system I know," Emerson said.

After retiring in 2011, Emerson wanted to continue to see patients and found volunteering with the American Red Cross was a good match. The retired Navy physician does the same thing she did while was on active duty, such as seeing patients to make sure they are fit for work or performing the initial assessment of walk-in patients with acute workplace injuries.

"I think it is really impactful on the patients who are on active duty to see that we care, that we're trying to help and respect what they are doing and we understand their jobs are difficult," said Emerson, who served in the military for 33 years, four months.

Of the 630 American Red Cross volunteers who provide support to the various tenant command facilities onboard Naval Support Activity Bethesda, 68 are medical pro-

fessional volunteers, according to Marin Reynes, American Red Cross Bethesda senior station manager. These doctors, nurses and dentists go through the same credentialing process as would any other employee, allowing them to practice the full extent of their licensure, Reynes said.

While a majority of these volunteers worked at Walter Reed Bethesda previously and want to continue to serve at the same place as their time permits, the American Red Cross does support others who travel to the hospital to volunteer their specialties, Reynes said.

After retiring in 2013, Dr. Robert Rosenbaum, neurosurgeon, said it was a natural fit to continue working at WRNMMC's Department of Neurosurgery, but this time as a volunteer for the American Red Cross.

While he works at the same

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NSAB Sailors Impact Local Students During Career Day

By Mass Communication Specialist 2nd Class Brandon Williams-Church
NSAB Public Affairs staff writer

Navy personnel from the Naval Support Activity Bethesda (NSAB) Security Department and Religious Ministry Department recently teamed up with local military personnel in an effort to show Bowie High School students from Bowie, Md., the opportunities that the military has to offer.

NSAB Sailors visited and spoke with young men and women about the different career opportunities available to them and the benefits that come with serving their country, during the school's career day March 4.

"Being in the Navy [or any other branch] is not just being in a ship at sea or on the front lines in war," said Religious Personnel Specialist Seaman Mauricio Melo. "As we know, almost any kind of job that exists in the civilian world exists in the Navy as well. Being there, in a high school career fair, gives the students the opportunity to interact with Sailors, ask questions, see a different side of the Navy, and the impact that we, as Sailors, can have in the community."

"Showing these students



Photo by Mass Communication Specialist 2nd Class Brandon Williams-Church

Naval Support Activity Bethesda Command Chaplain Lt. Christilene Whalen discusses career opportunities with junior and senior high school students at Bowie High School's Career Day March 4.

that the Navy has journalists, photographers, policemen, chaplains, electricians, engineers, culinary specialists, nurses, etc., ... the list goes on and on. [This], can open a new world of opportunities for them, and [they may] choose not only to serve our country, but to shape a bright future for themselves," Melo said.

Giving back to the community and your country was the primary theme of the military personnel in attendance for

event. Many service members spoke of their personal experience with their respective branch, how it has helped them and ways that they can pursue their dream job through the military. NSAB Command Chaplain Lt. Christilene Whalen spoke to the students about many aspects of the Navy and what the Navy can do for them.

"I believe joining the Navy (whether as an officer or as an enlisted member) is a positive career path for new high

school graduates," said Whalen. "Further, as a Navy parent, my primary message to the Bowie High School students was, 'any career you want to pursue in life is possible in the Navy; if you want to preach like me, then you can; or if your desire is to become a doctor, then you can apply at the Uniformed Services University of the Health Sciences (located on NSAB); and even if you want to practice law, the opportunity is there -- in the Navy, as well

as other military branches, you will find the same careers available as in the civilian world."

With this being the first community relations (COMREL) project of its kind at NSAB, the Religious Ministry Department aims to keep building a solid relationship with the surrounding community and give back.

"It is important [to have good community relations] not only for NSAB, but for the Navy as well," said Melo. "It shows the community that the military members in the area care for the youth and their education. We want these young [men and women] to see different opportunities for their education, and guide them to the best decision in this stage of life."

With more COMREL projects planned for the future, NSAB aims to continue building a strong connection with surrounding area youth and communities. Career Day at Bowie High School may have been the first, but it certainly will not be NSAB's last positive involvement with the public.

"It was a privilege to be a part of [this event with] so many gifted, talented, and skilled sailors, who found it not [an imposition on their time, but an opportunity] to take time out of their busy day to impact young minds and influence the futures of so many boys and girls," said Whalen.

WRNMMC Celebrates Social Work Month

Submitted by WRNMMC Department of Social Work

March is Social Work Month.

In 1984, then-President Ronald Reagan signed legislation recognizing March as National Social Work Month. This year's theme for the observance is "Social Work Paves the Way for Change," celebrating the social work profession, as well as showcasing medical social work and its contribution to health consumers and providers. This year also marks the 60th anniversary of the National Association of Social Workers (NASW).

The NASW is the largest membership organization of professional social workers in the world, with 132,000 members. NASW works to enhance

the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies.

In 1905, Massachusetts General Hospital (MGH) hired the first social worker to provide services in the outpatient clinics. The following year, MGH, under the auspices of Dr. Richard Cabot, and medical social work pioneer, Ida Maude Cannon, organized the first hospital-based social work program. "He was presenting the idea of social service within the hospital where sick patients, although separated from their home and families, nevertheless cannot separate themselves from their personal problems," Cannon is quoted as stating of Cabot, according to MGH officials.

Medical social work contin-



Courtesy photo

ues to embrace this sentiment, and over time, the role of the medical social worker has continued to change and expand. In addition to working in outpatient settings, medical social work maintains a role in various health-care delivery

systems, including telemedicine, public health settings, military medical settings and throughout civilian medical entities such as acute hospital inpatient settings, rehabilitation facilities, hospice and dialysis units, specialty clin-

ics and primary care. Medical social workers work with all disciplines to ensure patients, families and loved ones have a voice in treatment decision-making. They also manage acute and chronic psychosocial issues which impact health-care utilization, as well as provide information and referral to appropriate community resources.

This month, Walter Reed National Military Medical Center (WRNMMC) social workers will highlight their talents, expertise and areas of interest by offering several seminars for social work continuing education units. Social workers and non-social workers are welcome. Events are planned for March 26 and 31. The WRNMMC webmaster will provide locations, times and registration guidance.

Healthy Snacking for Busy Lives ... How to Make it Easier!

**By 2nd Lt. Emily Hege
Nutrition Services
Department Dietetic
Intern**

Editor's note: March is National Nutrition Month.

Whether it is the latest fad diet promising to help you lose weight in a short amount of time, or an article about why you should cut certain food groups out of your diet, it seems like every magazine has something in it about dieting. The one thing many of these diets have in common is they aren't sustainable changes.

In order to avoid regaining the excess weight, we need to develop healthy habits that are easy to sustain long-term, and snacking could be a challenge to this effort.

Snacking is often a tricky subject; it seems like temptation is everywhere. When it comes to snacking, convenience is often a key component. So what do you do when you want a snack but it needs to be fast and healthy? Here are some tips.

Plan ahead. When we are

in a hurry we tend to choose less healthy snacks. Make the healthier choice easier by keeping healthy snacks in your desk. Choose options such as pretzels and peanut butter, low sodium trail mix, turkey jerky or dried fruit; just pay attention to the serving size on the label.

Make your own 100-calorie packs. Pre-packaged snacks can be expensive. Make your own by purchasing a normal size package of food and a box of snack-size baggies. Kids can also help with the preparation.

Combine nutrients for the most benefit. Instead of choosing just an apple, which will be quickly digested and may leave you feeling hungry, try adding peanut butter. The fat and protein in peanut butter will take longer to digest and help you feel full longer. Other combinations could include whole wheat crackers with low-fat cheese, or homemade trail mix with almonds, popcorn, and dark chocolate chips.

Be mindful of portion sizes. When choosing snacks, look at the label to see how much is a single serving. Re-

move that portion from the package and then put the bag away to avoid eating more than you intended.

Help the kids eat healthy, too. Make a drawer or shelf in the refrigerator just for them. Placing healthy options at eye level will encourage them to choose those foods when you aren't there. Fill a shelf with pre-cut veggies, fruit, and smart beverage choices (water, 100-percent juice, or milk).

See a registered dietitian. Registered dietitians are food and nutrition experts. They can help you develop realistic goals and a sustainable plan for reaching them. They can also teach you valuable skills such as label reading and what to look for in a snack if you aren't sure where to start.

Snacking can have a place in your healthy diet, and with some simple planning you can avoid the temptations that can keep you from reaching your lifestyle goals. If you need more information on how to incorporate healthy snacking into your diet, call the Outpatient Nutrition Clinic at (301) 295-4065 for an appointment.



Courtesy photo

eDIVO Mobile App for U.S. Navy DIVOs and CPOs Now Available

**From Sea Warrior
Program (PEO EIS PMW
240) Public Affairs**

The Navy launched a new app March 11 named eDIVO, designed to provide junior officers and chief petty officers with quick access to information and resources all conveniently located within one mobile application.

The eDIVO app is the creation of two junior officers, Lt. Charlie Hymen and Lt. John Harry, who were frustrated with the arduous task of sifting through numerous websites and documents in search of military guidance. Today, their idea and determination has led to the eDIVO app, developed by the Navy and now available for free in the App Store and Google Play Store.

The eDIVO app aggregates publicly available information providing quick access to more than 44 documents and 8,300 pages of information in one convenient place significantly decreasing the amount of time it takes to search for frequently needed information. In addition, the eDIVO app works discon-



U.S. Navy photo by Krishna Jackson

A visitor to the Armed Forces Communications and Electronics Association-U.S. Naval Institute West 2015 convention tries the eDIVO application on a smart phone.

nected thus enabling use anywhere, whether ashore or afloat.

"The basic concept was to design a mobile app to help division officers and chief petty officers with their day-to-day management of personnel and divisional affairs, as well as give them the tools to succeed as effective leaders," said Hymen. "Actually seeing our app turn

into a reality is very fulfilling."

"We are thrilled to see this app launched today in both the Apple and Android platforms because we understand first-hand how this product will make life easier for the division officer," said Harry.

eDIVO is a bring-your-own-device (BYOD) tool available for smartphones and tablets, and

allows the division officers to find applicable information such as basic military requirements, evaluation writing, sexual assault and harassment, legal issues, enlisted advancement, equal opportunity, and navigation basics. It is designed to help DIVOs take the appropriate steps when faced with typical situations they encounter day-to-day.

Beta testers of eDIVO have given the app positive reviews. Lt. j.g. David Galiyas, assistant plans and policies officer, Amphibious Squadron (COMPHIBRON) 6 said, "Instead of spending countless hours searching for instructions, forms and other essential administration, division officers have all of the necessary tools at their fingertips, and can spend more time leading and developing their Sailors. I can't stress enough how much of a positive impact eDIVO will have on the Surface Navy."

Also included with the app is a Rules of the Road quiz that includes a question bank of more than 1200 questions (and answers) ensuring that those standing watch are equipped with the resources and training

they need to keep their ships safe.

Lt. j.g. Hans Lauzen, eDIVO tester and combat information center officer, USS Essex (LHD 2) stated, "eDIVO revolutionizes the way a DIVO can work, and brings being a naval officer into the 21st century. Being able to access key publications, helpful tips, and Rules of the Road quizzes from my phone, I am able to immediately make an impact within my division. It even works on airplane mode so I can use it on the high seas!"

The division officer app was developed by the U.S. Navy Sea Warrior Program (PMW 240) and produced under an agile development process that allowed an operational utility prototype to be released within six months. This process was specifically designed to develop the eDIVO app, and future apps, on a short timeline and small budget. Tracen Technologies Inc., a company that specializes in integrated mobile and web solutions, was the software developer.

For more news from PEO for Enterprise Information Systems Command, visit www.navy.mil/local/peois/.

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CAFE

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falafel sandwiches with tabouleh, South African sliders, shrimp banh-mi sandwiches, and open-faced portabella sandwiches.

With last year's renovations to the dining facility, located in Building 9, you'll also find a Chef's Table, featuring various options, to include teriyaki chicken, lemon pepper pork chops, chicken gumbo, tortilla-crusted tilapia, and tomato bisque. There's also a deli, brick oven pizza, and grille stations, in addition to a soup and salad bar. If you're in a hurry, simply stop by Café 8901 Express, directly next door, where you can find a quick bite — such as a ready-to-go salads, sandwiches, burgers, hot dogs, and soft pretzels. Café 8901 Express is open weekdays from 10 a.m. to 4 p.m., and during the evenings between 6:30 p.m. and 12:30 a.m.

Upgrades were also made behind-the-scenes to the department's employee locker rooms, main supply area, and the call center for inpatient meals, where they run a hotel-style room service operation.

The room service option continues catering to patients' needs, explained 1st Lt. Paul Rosbrook, officer in charge of Patient Room Service. Menus provided to inpatients are based on prescribed diets by their physicians, allowing them the flexibility to choose when and what they want to eat.

"Nothing is served out of a weld ... no matter if they want two tomatoes

or 12, we make it to order," Rosbrook said.

Room Service has also been a "continuing evolution of performance improvement," he added. It's now offering inpatients Fit & Flavorful options and, in the near future, will begin a "Tray in Motion" program. This will allow staff to track trays from start to finish, he said, "to make sure we have the timeliest product for patients."

Rosbrook went on to note the Nutrition Services team's commitment to providing quality service to patients and staff, 365 days a year.

"The staff is unbelievably dedicated to what they do down here," he said. They demonstrated this recently when the hospital closed due to inclement weather — many stayed overnight to ensure "we were up and ready to run in the morning."

Rosbrook added the feedback has been outstanding — patients have been "incredibly satisfied," especially with the one-on-one interaction with the Room Service Ambassadors, who help patients placing their orders. The staff members in the Nutrition Services Department have a great deal of experience, and a "customer-oriented mind set," he said.

Café 8901 serves more than 3,000 people each day during the week, and several hundred on weekends, offering a variety of lower cost meals daily, including federal holidays and weekends, Trent added. Breakfast is served from 6 to 9 a.m., with continental/self-service from 9 to 10 a.m. Lunch is served from 11 a.m. to 2 p.m., and the Grille remains open until 3 p.m. Dinner ends at 6:30 p.m.

SERVE

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place, some things did change when he started volunteering. He still gets to operate and help patients through their surgery, but at a little more relaxed pace for him, allowing him to take more time with each patient. Since he doesn't wear a uniform anymore, the former Navy lieutenant commander doesn't have to worry about being deployed either. Even though he lost his office, Rosenbaum still gets to work in the same clinic with the same people.

Those changes aside, the big reason why Rosenbaum continues to practice is helping his patients — some of whom he's taken care of for more than a decade. He especially likes when patients come back on return visits after their surgery to tell him things they were able to do that before their operation would not have been possible, he said.

"One of the greatest joys I get out of the practice of medicine is seeing my patients on a return visit," Rosenbaum said. "The ability to have them come back and say to me, 'I took my daughter skiing,' or 'I went mountain biking

with my wife,' or 'My husband and I went on a scuba diving trip to Cancun,' [is gratifying]."

Having medical professional volunteers helps to alleviate some of the increased demands on hospital staff, he said. That additional help also allows doctors more time with each patient, which in turn helps to increase the quality of care patients receive.

Another reason Rosenbaum continues to volunteer his professional time is to increase awareness about endoscope spine surgery. He wants to raise the awareness of this surgery option at Walter Reed Bethesda because some patients have gone elsewhere not knowing this type of surgery was offered at the hospital.

He is the only neurosurgeon who does endoscope spine surgery at Walter Reed Bethesda. The surgery, which he described as a minimally invasive as the incision is no larger than a No. 2 pencil, is normally performed for patients who need to correct a herniated disc.

"The benefit is there is not a lot of muscle splitting — there's not a big incision on the spine and you don't have to drill off the bone," Rosenbaum said, which helps speed up a patient's recovery time.

ART

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public and private individuals and groups committed to the use of the arts in the healing process, and expanding their use throughout the continuum of care. Participants included physicians, nurses, other health-care providers, researchers, administrators, practitioners, decision-makers from the military, veterans, arts and creative arts therapists.

Navy Capt. Sarah Martin, WRNMMC chief of staff, welcomed attendees to the event, describing it as “an opportunity to reconnect and celebrate all that has been accomplished since the first summit in 2011.”

Walter Reed Bethesda and NICOE have been instrumental in the formation and growth of the national initiative researching arts in healing, according to medical center officials.

“The healing arts program has been highlighted as an exemplary model of the inclusion of creative arts therapy into an integrative care approach,” said Melissa Walker, a NICOE Healing Arts program coordinator and art therapist.

“I am but one visionary for arts across the military continuum, but I am grateful to have the opportunity to speak to how creative arts therapy can impact the continuum, and to meet

with other individuals who are passionate about access to the arts for our service members and their families,” Walker added. “When the summits convene military leadership, creative arts therapists, artists in health care, veteran artists, scientists, researchers, practitioners, and policymakers, the landscape of arts and health in the military becomes rich with possibilities,” she explained.

“Walter Reed [Bethesda] and the [National] Intrepid Center [of Excellence] both are points of inspiration... I was astounded with what was already happening here at Walter Reed [Bethesda],” said pre-summit reception guest speaker Robert Lynch, president and chief executive officer of Americans for the Arts.

Since its implementation, the NICOE creative arts program offers art, music and creative writing therapies.

In November 2012, WRNMMC co-chaired with Americans for the Arts, the National Initiative for Arts and Health, which was followed by the Arts and Health in Military National Roundtable, resulting in the first policy paper, “Arts, Health, and Well-Being across the Military Continuum.” The white paper recommends a collective effort to help increase access to the arts as tools for healing and wellness for all military service members, medical staff, veterans, their families and caregivers.

Notre Dame Lacrosse Team

Boosts Morale at NSAB



Photo by Mass Communication Specialist 2nd Class Brandon Williams-Church

Yeoman 2nd Class Cedrick Sauls (middle) laughs with Notre Dame lacrosse players Jordan Walter (left) and Patrick Hadley (right) during the lacrosse team’s visit to the USO Warrior and Family Center March 11.

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